

Kansas Objectives

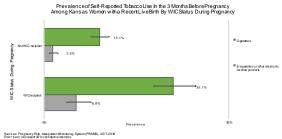
- 1. Be familiar with the prevalence of tobacco use in Kansas.
- Increase knowledge about the harms of secondhand smoke, thirdhand smoke, and vaping, especially for children.
- 3. Understand why tobacco-free environments protect children.
- 4. Be familiar with challenges in quitting tobacco, cessation resources and the free **Kansas Tobacco Quitline** services.
- 5. Consider conversations with parents about **limiting or quitting tobacco use** and **referring them to cessation resources**.

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2

Tobacco Products | Image: Tobacco Products

What % WIC Mothers Smoke and Vape?



Kinsas Harmful Health Effects of Smoking



- Smoking leads to disease, disability, and death.
- In Kansas, there are differences seen across population subgroups such as:
 - · adults with lower annual household income
 - · adults with poor mental health
 - · adults in certain racial/ethnic groups

Centers for Disease Control and Prevention, https://www.cdc.one/observides.statis/cofers-short/second-and-s-miss/openses for Disease Control and Prevention. https://www.cdc.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observides.one/observide

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5

Prevalence of Current Smoking Among Kansas Adults Aged 18 years and Older, Kansas 2011-2019



2011-2019 Kansas Behavioral Rik Factor Surveillance System, Bureau of Health Permittion, Kansas Department of Health and Environ me

6

Prevalence of Current Use Among Kansas Adults Aged 18-44 Years Old



E-Cigarettes

2018 Kan sas Bahavional Rick Ricker Survéilance System, Bureau of Health Promotion, Kansas Department of Health and Environment

E-Cigarettes and Vaping
Different Shapes -- Same Components



Image: https://www.cdcgovtobacdbasic_information/ecigarates/indexhtm

8

7

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E-cigarettes and Vaping

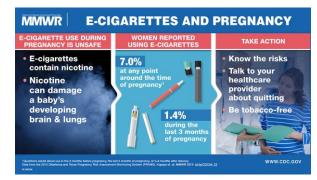
- E-cigarettes are not safe for:
 - · youth
 - · young adults
 - pregnant women
 - adults who do not currently use tobacco products



Produce an aerosol that is inhaled by the user and or bystanders. E-cigarettes are **NOT** a safe alternative to conventional cigarettes.

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9



10

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E-cigarettes and Breastfeeding

- Providers should promote quitting during pregnancy and lactation.
- Mothers should still breastfeed even if they are not able to stop using tobacco/e-cigarettes.
- Harmful chemicals pass from the mother to the baby through breast milk or secondhand and thirdhand smoke exposure.



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E-cigarettes and Children

 Children and adults have been poisoned by swallowing, absorbing, or breathing the liquid from e-cigarettes through their skin or eyes.

 Nationally, about 50% of calls to poison control centers for e-cigarette liquid are for children five years or younger.



Centers for Disease Control and Prevention. https://www.ode.gov/foloreshoute.in/formation/anigurates/Dubk-Eonsontho-Riske.dr.E.digrates/ar-Kita-Toma-and Young-Addis-1

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COVID-19 Impact

Studies have found that current smokers have an increased risk of presenting to hospital with severe COVID-19, and are approximately twice as likely to experience severe or critical COVID-19 as former or neversmokers.



U.S. Departmentof Hislih and Human Savicia. E-Gigaete Usa Among Youthard Young Adults: AReport of the Surgicia General, Alliana, QA: U.S. Departmentof Hislih and Human Serécia.
Centers for Disease Control and Prevention, National Center for Chinaic Disease Prevention and Health Promoton, Office on Smoking and Health, 2019.

13

Homes and Cars

The home is the main place where children are exposed to secondhand smoke.



87 percent of Kansas adults have a no-smoking rule inside their home.

And yet....

More than 144,500 Kansas children aged 3 - 11 years are exposed to secondhand smoke in the home.

2017 Kansas BehariosiRisk Factr Survillance System, Buseau of Health Promotion, Kansas Department of Health and Environment Homa DM, et al Vital Signs: Disparties in Noramokos 'Exposurato Secondrand Smoke - United States, 1999 - 2012. MMWR 2015 614):1034 08

14

How Thirdhand Smoke Pollutes Indoor Environments



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Coming in Contact with Thirdhand Smoke



- People come in contact with thirdhand smoke by touching, inhaling, or ingesting particles.
- Hazard to children
 - Children inhale 40 times more than adults.
 - Have greater hand/object/mouth
 - Greater absorption through skin.
 - Physical proximity to the source of thirdhand smoke.

Tobacco-Free Environments and Families

Tobacco-Free Environments

- · Protect people from the harms of secondhand smoke and aerosol
- · Reduce tobacco related disease and death
- · Motivate smokers to quit
- · Reduce the number of people who start smoking

Reducing secondhand/thirdhand Smoke Exposure

- Do not allow smoking or vaping in areas where children are present—policy
- Handwashing is important, but is not 100% effective at removing thirdhand smoke particles
- Remove outer layers of clothing
- Educate and provide resources for quitting

17

Modeling Healthy Behaviors

Family and peers are very important influences.



- In the US, nearly 9 out of 10 cigarette smokers first tried smoking by 18 years old.
- In 2019, the most common reason for using e-cigarettes among Kansas high school students was because a friend or family member uses them (40.2%).

18

20



Health Benefits of Tobacco-Free Environments



- · Are at lower risk for SIDS
- · Have lower risk of having bronchitis and pneumonia and have fewer ear infections
- Have fewer issues with wheezing and coughing
- Are less likely to ever have asthma
- Are less likely to become smokers as teenagers





Kansas Quitting Tobacco



- Nicotine is highly addictive, and exposure to tobacco advertising can prompt young people to start using and make it harder for current users to quit.
- Tobacco companies spend an estimated \$73.2 million on marketing in Kansas each year.

Centers for Disease Control and Prevention. <a href="https://www.cdo.my/folses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das.stalidiosfart_duest/lesses/pid/das

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21

23

Kansas Quitting Tobacco

In Kansas, nearly six out of 10 (57.1%) adults who currently smoke made a quit attempt in the past year.



Most smokers will cycle through several periods of remission and relapse.

2019 Kansas Beharigal Risk Ruchr Suvellance System, Buseau d Health Promotion, KDHE.
Caponnetto P, Keller E, Bruno CM, Pdosa R, Handingrelapas in smokingres sation: statisgies and recommendations. Intern EmergMed 201387-12

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Kansas Successful Quit Attempts

"Most smokers attempting to quit today still make unaided quit attempts.....however...smo kers are significantly more likely to quit successfully if they use an evidence-based counseling or medication treatment than if they try to quit without such aids."



Fiore, M. C. (2008, Trestingtobaccouse and dependence 2008 update. Rockellie, MD, U.S. Dept. of Health and Human Services. Public Health Service. Available from https://www.ncb.nimning.ov/bods/ah8K63952

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Kansas Tobacco Quitlines

Tobacco users who receive:

- Quitline services have 60% higher odds of successfully quitting versus tobacco users who attempt to quit with minimal or no counseling or self-help.
- Medication and Quitline services have 30% higher odds of successfully quitting versus medications alone.

Fiore, M. C. (2008, Transpotacous and dependence 2008 updas. Rockelle, MD, U.S.Dept.of Health and Human Services. Public Health Service. Available from

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Self-Reflection

Using the chat, please share your thoughts if you are comfortable.

- Why do you think it is important to encourage tobacco-free homes and spaces among your clients and in your community.
- If you have had someone close to you successfully stop using tobacco, how many tries do you estimate it took? What do you think were some barriers in quitting?

800-QUIT-NOW (784-8669

KSquit.org

Kansas Tobacco Quitline

The Kansas Tobacco Quitline provides evidence-based counseling for <u>free to all Kansas tobacco users</u> who want to quit.

- Enrollment options:
- ✓ Phone: toll-free 1-800-QUIT-NOW (784-8669)
- √ Web-based
- ✓ Provider fax or website referrals
- · Intake & Counseling offered 24 hours a day/7 days a week
- English, Spanish and other languages

25

26

Kansas Tobacco Quitline Programs



27

- Experienced cessation quit coaches provide one-on-one support to form a quit plan
- Total of 5 calls for general callers
- 7 call program for mental health and substance abuse conditions



Kansas Quitline Pregnancy and Postpartum Services



- 5 coaching sessions during pregnancy and 4 sessions postpartum with the same Coach
- Eligible for free text message support
- Receive personalized welcome package containing two publications

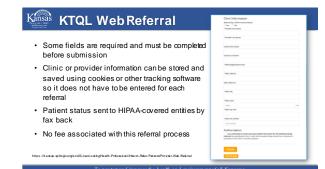
28

Youth Services (13-17 years of age)



My Life, My Quit

- · Dedicated toll-free number youth can call or text, 855-891-9989
- Youth-oriented cessation website and online enrollment form (https://mylifemyquit.com/)
- Enrollees work with a coach who has received additional training on developmentally appropriate methods for engaging youth



30

29

KDHE Tobacco-Free Resources



Questions, Contact KDHE Community Health Promotion 785-296-1927 or KS

tinyurl.com/KDHF-tobacco-signage

tinyurl.com/KDHF-tobacco-cessation

Call the Quitline to receive FREE sessions to help create your quit plan. Then call the KIDS Network and you may qualify for a FREE Portable Crib and Wearable Blanket.

Kansas Quitline at 1-800-QUIT-NOW (784 - 8669)**KIDS Network at**

316-682-1301

31 32



Chronic Disease Risk Reduction Program - Fiscal Year 2021 Grantees





Keep the Conversation Going

Smoking cessation is not a single event. It is a process!

34



36

Potential Harms of E-cigarettes



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"Well vaping is better than regular cigarettes right?"

- · Vape use during pregnancy is not safe.
- · Counseling can help you quit nicotine and help you stay quit.
- The Kansas Tobacco Quittine is a free counseling service and it has a special pregnancy program.
- · Kids are less likely to use tobacco if parents don't use it.
- Secondhand and thirdhand aerosol is not harmless and eliquid is poisonous.

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38

37

Kansas Objectives

- 1. Be familiar with the prevalence of tobacco use in Kansas.
- Increase knowledge about the harms of secondhand smoke, thirdhand smoke, and vaping, especially for children.
- ${\it 3.} \ \ {\it Understand} \ \ {\it why} \ {\it tobacco-free} \ \ {\it environments} \ \ {\it protect} \ \ {\it children}.$
- 4. Be familiar with challenges in quitting tobacco, cessation resources and the free **Kansas Tobacco Quitline** services.
- Consider conversations with parents about limiting or quitting tobacco use and referring them to cessation resources.

Resources for Staff

- <u>Kansas Tobacco Cessation Help (KaTCH)</u> online courses
- 45 minute recorded presentation: F-Cigarettes 101: What Who Why & What It Means For Your Patients' Health, Brenna VanFrank, MD, MSPH
- <u>E-Cigarette Use During Pregnancy and Breastfeeding FAOs</u>, American Academy of Pediatrics
- 45 min recorded presentation: <u>Framing Thirdhand Smoke As a Social Justice</u> <u>Issue</u>, Lydia Greiner, PhD

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40

39

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Kansas Tobacco Cessation Help Training

- Free online courses-offers CME, CNE and CPE credit http://quitlogixe.duc.ation.org/k.ansas/
- Structured into 7 learning modules: Medicaid & Quitline benefits, how to counsel patients, special programs, behavioral health, chronic diseases and vaping
- Includes sample coaching interactions

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41

Kansas Action!

Please write some notes for these questions so you can follow-up. Feel free to share an intention in the chat as we move to question and answer.



1. What is an effective way you can promote the Kansas Tobacco Quitline?



2. What is your biggest take-away from this training?

Kansas Questions?



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43

44

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